

Rajiv Gandhi University of Health Sciences, Karnataka
I Year B.Sc. Nursing Degree Examination – 22-Feb-2023

Time: Three Hours

Max. Marks: 45 Marks

NUTRITION
(RS3, RS4 & RS5)
Q.P. Code: 1755

Your answers should be specific to the questions asked.

Draw neat labeled diagrams wherever necessary. Answer all questions

(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS

1 x 10 = 10 Marks

1. Discuss the principles and points to be considered while planning balanced diet.

SHORT ESSAYS

5 x 5 = 25 Marks

2. Explain the nutritional problems of India.
3. What is the calorific value, daily requirement and sources of lipids.
4. Mention the sources and deficiency of Minerals.
5. Explain safe Food Handling.
6. List various agencies working towards food and nutrition.

SHORT ANSWERS

5 x 2 = 10 Marks

7. What are the clinical features of Marasmus.
8. What are first class/ complete proteins?
9. List any four factors that affect BMR.
10. What are Carotenes?
11. Define dehydration.

Rajiv Gandhi University of Health Sciences, Karnataka
I Year B.Sc. Nursing Degree Examination – 18-May-2022

Time: Three Hours

Max. Marks: 45 Marks

NUTRITION
(RS2, RS3, RS4 & RS5)
Q.P. Code: 1755

Your answers should be specific to the questions asked.

Draw neat labeled diagrams wherever necessary. Answer all questions

(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS

1 x 10 = 10 Marks

1. Explain the various methods of coronary and its effect on nutrients.

SHORT ESSAYS

5 x 5 = 25 Marks

2. Explain the classification of foods.
3. Explain in detail digestion and absorption of carbohydrates.
4. What are the sources and functions of calcium?
5. List the different house hold methods for preservation of food. Explain any one.
6. Explain mid-day meal programme.

SHORT ANSWERS

5 x 2 = 10 Marks

7. Define marasmus.
8. What are Refined oils?
9. Define Beri-Beri.
10. What is Cheilosis?
11. What is electrolyte imbalance?

Rajiv Gandhi University of Health Sciences, Karnataka
I Year B.Sc. Nursing Degree Examination – 02-Feb-2022

Time: Three Hours

Max. Marks: 45 Marks

NUTRITION
(RS2, RS3, RS4 & RS5)
Q.P. Code: 1755

Your answers should be specific to the questions asked.

Draw neat labeled diagrams wherever necessary. Answer all questions

(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS

1 x 10 = 10 Marks

1. Describe personal hygiene of food handlers. Explain the signs of good meat hygiene and the hygiene of slaughter houses.

SHORT ESSAYS

5 x 5 = 25 Marks

2. What is the calorific value of carbohydrate? List the key differences between Kwashiorkor and Marasmus.
3. Mention the role of nutrition in maintaining health.
4. Define weaning and explain the principles of weaning.
5. Explain in detail the methods of imparting nutrition education.
6. What is the requirement and functions of Iron?

SHORT ANSWERS

5 x 2 = 10 Marks

7. How are foods classified?
8. What are the functions of vitamin A?
9. What are the rich sources of thiamine?
10. What is the energy requirement for a pregnant woman?
11. Define extracellular fluid.

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – 26-Jul-2021

Time: Three Hours

Max. Marks: 45 Marks

NUTRITION (RS3, RS4 & RS5) Q.P. Code: 1755

Your answers should be specific to the questions asked.

Draw neat labeled diagrams wherever necessary. Answer all questions

(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS

1 x 10 = 10 Marks

1. Define food hygiene and discuss various methods of food storage.

SHORT ESSAYS

5 x 5 = 25 Marks

2. Describe the role of food and its medicinal value.
3. Write a note on excessive intake and deficiency of fats.
4. Mention the functions and deficiency of phosphorus.
5. List the purpose of cooking.
6. Explain Vitamin 'A' prophylaxis program.

SHORT ANSWERS

5 x 2 = 10 Marks

7. What are amino acids?
8. List any four sources of carbohydrates.
9. Define energy.
10. Mention the causes of Osteomalacia.
11. Define ORT.

Rajiv Gandhi University of Health Sciences, Karnataka
I Year B.Sc. Nursing Degree Examination – 08-Feb-2021

Time: Three Hours

Max. Marks: 45 Marks

NUTRITION
(RS3, RS4 & RS5)
Q.P. Code: 1755

Your answers should be specific to the questions asked.

Draw neat labeled diagrams wherever necessary. Answer all questions

(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS

1 x 10 = 10 Marks

1. Define therapeutic diet. Plan a therapeutic diet for cardiovascular disease.

SHORT ESSAYS

5 x 5 = 25 Marks

2. Mention the function and deficiency of Phosphorus.
3. List the functions of proteins. What is the daily requirement of protein for an adult?
4. Explain the role of nurse in ICDS programme.
5. Explain the concept of safe food handling.
6. Define food standards and explain various food standards.

SHORT ANSWERS

5 x 2 = 10 Marks

7. List any four factors effecting Food and Nutrition.
8. List the common signs and symptoms of anemia.
9. What is hyperkalemia?
10. Define interstitial fluid.
11. Expand BMI. Give the formula to calculate BMI.

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – 02-Sep-2020

Time: Three Hours

Max. Marks: 45 Marks

NUTRITION (RS2, RS3 & RS4) Q.P. Code: 1755

Your answers should be specific to the questions asked.

Draw neat labeled diagrams wherever necessary. Answer all questions

(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS

1 x 10 = 10 Marks

1. What is menu planning? Explain the steps involved in planning a menu.

SHORT ESSAYS

5 x 5 = 25 Marks

2. What is the calorific value of carbohydrate? List the key differences between Kwashiorkor and Marasmus.
3. Explain the role of food and its medicinal value.
4. Mention the function and deficiency of Phosphorus.
5. What are the various ways to assess the nutritional status?
6. Define therapeutic diet. Plan a therapeutic diet for cardiovascular disease.

SHORT ANSWERS

5 x 2 = 10 Marks

7. What are amino acids?
8. What is rancidity of fat?
9. What are causes of anemia?
10. List the composition of body fluids.
11. Define calorie.

Rajiv Gandhi University of Health Sciences, Karnataka
I Year B.Sc. Nursing Degree Examination – SEP-2019

Time: Three Hours

Max. Marks: 45 Marks

NUTRITION
(RS2, RS3 & RS4)
Q.P. Code: 1755

Your answers should be specific to the questions asked.

Draw neat labeled diagrams wherever necessary. Answer all questions

(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS

1 x 10 = 10 Marks

1. a. What are food additives? Enumerate the classification of food additives.
b. Write a note on food adulteration.

(2+3+5)

SHORT ESSAYS

5 x 5 = 25 Marks

2. What is the daily requirement of carbohydrates? Explain the metabolism of carbohydrates.
3. Explain with examples the food standardization system in India.
4. Explain the methods of food preservation.
5. Explain the role of nurse in iodine deficiency disorder.
6. Explain the dietary sources and functions of proteins.

SHORT ANSWERS

5 x 2 = 10 Marks

7. What is hyperkalemia?
8. Classify Vitamins and give examples for same.
9. What are the factors affecting BMR?
10. Define extracellular fluids.
11. Give examples of complete proteins.

Rajiv Gandhi University of Health Sciences, Karnataka
I Year B.Sc. Nursing Degree Examination – APRIL-2019

Time: 3 Hours

Max. Marks: 45 Marks

NUTRITION

(RS-3 & RS-4)

Q.P. Code: 1755

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary
(Note: Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS (Answer any One)

1 x 10 = 10 Marks

1. How are proteins classified? What are the sources of proteins? What is the caloric value of protein? Explain the deficiency diseases.
2. What is balanced diet? How do you plan a balanced diet for a pregnant woman?

SHORT ESSAYS (Answer any Five)

5 x 5 = 25 Marks

3. Define lipids and explain the classification of lipids.
4. Describe the role of minerals in the body.
5. Describe personal hygiene of food handlers. Explain the signs of good meat and hygiene of slaughter houses.
6. What are the factors affecting food and nutrition?
7. Write various methods of food storage and food preservation.
8. Define weaning and explain the principles of weaning.

SHORT ANSWERS

5 x 2 = 10 Marks

9. List the nutritional problems in India.
10. What are the functions of calcium?
11. What are electrolytes?
12. What are the sources of Vitamin D.
13. What is Obesity?

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – OCT-2018

Time: 3 Hours

Max. Marks: 60 Marks

Nutrition

Q.P. Code: 1748

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Both QP Codes 1748 and 1749 are to be answered within total duration of 3 hours)

LONG ESSAYS (Any Two)

2 x 10 = 20 Marks

1. Describe the functions, dietary sources, daily requirements and deficiency of Water Soluble Vitamins.
2. a) Define Menu planning. (2+4+4)
b) Discuss the steps in menu planning.
c) Plan a daily menu for a 3 year old child of low income family.
3. a) Enumerate the benefits of cooking. (3+7)
b) List the meat and milk borne diseases and describe the various processes to maintain milk and meat hygiene.

SHORT ESSAYS (Any Five)

5 x 5 = 25 Marks

4. Describe the classification and functions of carbohydrate.
5. Describe the assessment of nutritional status.
6. Explain the diet and feeding pattern in the elderly.
7. Briefly discuss the factors affecting food and nutrition.
8. List the objectives of Integrate Child Development Scheme (ICDS) and describe the delivery of services under ICDS.
9. Explain the functions, RDA, sources and deficiency of Iodine.
10. Describe the classification, sources and deficiencies of protein.

SHORT ANSWERS

5 x 3 = 15 Marks

11. Unsaturated fatty acids
12. Tocopherol
13. Soft diet
14. Simmering
15. Dehydration

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – APRIL-2018

Time: 3 Hours

Max. Marks: 45 Marks

Nutrition

Q.P. Code : 1755

Your answers should be specific to the questions asked. Draw neat labeled diagrams wherever necessary
(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS (Answer any One)

1 x 10 = 10 Marks

1. Define proteins. Explain the digestion, absorption, metabolism & storage of proteins.
2. a. Define cooking. Explain the methods of cooking.
b. Safe methods of handling food

SHORT ESSAYS (Answer any Five)

5 x 5 = 25 Marks

3. Goals of National nutritional policy
4. Functions of carbohydrates
5. Balanced diet for a toddler
6. Factors affecting Nutrition
7. Water balance in the body
8. Riboflavin

SHORT ANSWERS

5 x 2 = 10 Marks

9. Body mass Index (BMI)
10. Thiamine
11. Exclusive breast feeding
12. Food additives
13. Sources of Iron

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – SEP-2017

Time: 3 Hours

Max. Marks: 45 Marks

Nutrition

Q.P. Code : 1755

Your answers should be specific to the questions asked. Draw neat labeled diagrams wherever necessary
(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS (Answer any One)

1 x 10 = 10 Marks

1. What is therapeutic diet? Write briefly on modifications in therapeutic diet.
2. a) Explain the nutritional problems in India.
b) Discuss the nutritional programmes in detail.

SHORT ESSAYS (Answer any Five)

5 x 5 = 25 Marks

3. Protein energy malnutrition
4. Functions, sources and classification of lipids
5. Diet in Pregnancy
6. Weaning
7. Food hygiene
8. Principles and methods of cooking

SHORT ANSWERS

5 x 2 = 10 Marks

9. BMR
10. Adulteration
11. CFTRI
12. Sources of Iron
13. Nutrition education

Rajiv Gandhi University of Health Sciences, Karnataka
I Year B.Sc. Nursing Degree Examination – APRIL 2017

Time: 3 Hours

Max. Marks: 45 Marks

Nutrition

Q.P. Code : 1755

Your answers should be specific to the questions asked. Draw neat labeled diagrams wherever necessary
(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS (Answer any One)

1 x 10 = 10 Marks

1. Explain about the national programmes related to nutrition.
2. Classify carbohydrates. Explain about the digestion, absorption and metabolism of carbohydrates.

SHORT ESSAYS (Answer any Five)

5 x 5 = 25 Marks

3. Prevention of food adulteration act (PFA)
4. Explain food groups.
5. Factors affecting food and nutrition
6. Functions of fats
7. Deficiencies of vitamins
8. Measurement of basal metabolism
i) Direct & ii) indirect calorimetry

SHORT ANSWERS

5 x 2 = 10 Marks

9. Malnutrition
10. Roasting
11. Functions of iodine
12. Expands –ECF & ICF
13. Food preservation

Nutrition

Q.P. Code : 1755

Answers should be specific to the questions asked. Draw neat labeled diagrams wherever necessary
(Note : Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS (Answer any One)

1 x 10 = 10 Marks

Write about the nutritional problems in India with preventive measures.

Classify minerals. Discuss about the functions, absorption and metabolism of calcium.

SHORT ESSAYS (Answer any Five)

5 x 5 = 25 Marks

Food standards

Functions of carbohydrates

Factors affecting the basal metabolic rate

Functions of minerals

Explain how the body maintains electrolyte balance.

Write the role of nurse in the nutrition education.

SHORT ANSWERS

5 x 2 = 10 Marks

Write about the medicinal value of ginger and garlic.

Expand CFTRI % NIN.

Define poaching. Bring out the advantages of it.

Give 4 good sources of proteins.

Dehydration

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – SEPTEMBER 2015

Time: 3 Hours

Max. Marks: 45 Marks

Nutrition

Q.P. Code : 1755

Your answers should be specific to the questions asked. Draw neat labeled diagrams wherever necessary
(Note : Both OP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS (Answer any One)

1 x 10 = 10 Marks

1. Discuss the steps involved in planning diet for lactating mother and prepare menu plan.
2. a) Classify Carbohydrate
b) Write about digestion, absorption, and metabolism of carbohydrate.

SHORT ESSAYS (Answer any Five)

5 x 5 = 25 Marks

3. Role of nurse in nutrition education
4. Functions, sources and classification of protein
5. Fluid diet
6. Mid day meal
7. Foods standards
8. Weaning

SHORT ANSWERS

5 x 2 = 10 Marks

9. Complementary feeding
10. Grilling
11. Macronutrients
12. Food Adulteration
13. FAO

Rajiv Gandhi University of Health Sciences, Karnataka

I Year B.Sc. Nursing Degree Examination – September 2014

Time: 3 Hours

Max. Marks: 45 Marks

Nutrition

Q.P. Code: 1755

Your answers should be specific to the questions asked. Draw neat, labeled diagrams wherever necessary

(Note: Both QP Codes 1755 and 1756 are to be answered within total duration of 3 hours)

LONG ESSAYS (Answer any One)

1 x 10 = 10 Marks

1. a) Define Menu Planning.
b) List the importance of Menu Planning.
c) Plan a menu for a sedentary pregnant woman.
2. Explain the various national programs related to nutrition.

(2+3+5)

SHORT ESSAYS (Answer any Five)

5 x 5 = 25 Marks

3. Describe the factors affecting Basal Metabolic rate.
4. Explain the types, sources and deficiencies of Protein.
5. Briefly explain the functions, dietary sources, daily requirements and deficiency of vitamin C.
6. Enumerate the effects of dehydration and its management.
7. Explain the dietary sources, daily requirements and deficiency of iron.
8. Briefly describe the methods of cooking.

SHORT ANSWERS

5 x 2 = 10 Marks

9. Keratomalacia
10. List the methods of Food preservation.
11. Essential fatty acids
12. Monosaccharides
13. Body Mass Index
